

2,000 Calorie Diet Plan for Healthy Maintenance

Designed for 3 meals and two snacks. Calories are spread pretty evenly throughout the day. 20% of calories from protein.

This Exercise.com professional diet plan was created by a certified personal trainer and registered dietitian (M.S. Nutrition).

Breakfast - aim for 500 cals & 25 g protein

Breakfast Option #1	Calories	Carbs	Fats	Protein
Oatmeal topped with Bananas & Pecans				
1 cup oatmeal, cooked	150.0	25.0	2.0	6.0
1 cup 1% milk	100.0	12.0	3.0	8.0
1 medium banana	105.0	27.0	1.0	2.0
1 TB pecans, chopped	100.0	2.0	10.0	0.5
3 boiled egg whites	50.0	0.5	0.5	11.0
Total	505.0	66.5 g	16.5 g	27.5 g

Breakfast Option #2	Calories	Carbs	Fats	Protein
Breakfast Sandwich				
100% whole wheat English Muffin	120.0	23.0	1.0	5.0
2 whole eggs, scrambled	140.0	0.0	10.0	12.0
2 oz. slice low-fat Swiss cheese	100.0	2.0	3.0	16.0
3 oz. low sodium deli turkey	45.0	1.0	8.0	8.0
1 banana	105.0	27.0	0.0	1.0
Total	510.0	53.0 g	22.0 g	42.0 g

Breakfast Option #3	Calories	Carbs	Fats	Protein
Cereal & Milk				
1 1/2 cup Quaker Brown Sugar Oatmeal Squares	315.0	66.0	4.0	9.0
1 1/2 cup 1% milk	160.0	18.0	4.0	13.0
Total	475.0	84.0 g	8.0 g	22.0 g

Breakfast Option #4	Calories	Carbs	Fats	Protein
Quinoa Bowl				
1/4 cup uncooked quinoa	160.0	30.0	3.0	6.0
3 TB flaxseed, ground	100.0	6.5	7.5	5.0
2 tsp brown sugar	23.0	6.0	0.0	0.0
Chobani Non-Fat Honey Greek Yogurt	150.0	20.0	0.0	16.0
2 egg whites, boiled	50.0	1.0	0.0	11.0
Total	483.0	63.5 g	10.5 g	38.0 g

Breakfast Option #5	Calories	Carbs	Fats	Protein
Garden Scramble				
2 whole eggs, scrambled	140.0	0.0	10.0	12.0
1/2 cup Kraft 2% Shredded Cheddar	160.0	2.0	12.0	14.0
1/2 cup spinach	5.0	0.5	0.0	0.5
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup green peppers, chopped	10.0	2.0	0.0	0.5
1/4 cup onions, chopped	20.0	4.0	0.0	0.5
1 cup whole strawberries	50.0	11.0	0.5	1.0
2 slices whole wheat toast	120.0	22.0	2.0	8.0
Parkay Butter Spray (optional) 5 sprays	0.0	0.0	0.0	0.0
Total	515.0	43.5 g	24.5 g	37.0 g

Breakfast Option #6	Calories	Carbs	Fats	Protein
Peanut Butter & Banana Sandwich				
2 TB Smuckers Natural Creamy Peanut Butter	200.0	6.0	16.0	7.0
2 slices whole wheat bread	120.0	22.0	2.0	8.0
1/2 banana sliced on sandwich	50.0	13.0	0.0	0.0
1 cup 1% milk	100.0	12.0	3.0	8.0
Total	470.0	53.0 g	21.0 g	23.0 g

Breakfast Option #7	Calories	Carbs	Fats	Protein
Salmon, Tomato & Avocado Breakfast Sandwich				
100% whole wheat english muffin	120.0	23.0	1.0	5.0
3 oz. salmon, baked	175.0	0.0	10.5	19.0
1/4 avocado, sliced	80.0	4.5	7.5	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 banana	105.00	27.0	0.0	1.0
Total	490.0	56.0 g	19.0 g	26.5 g

Breakfast Option #8	Calories	Carbs	Fats	Protein
Egg, Black Bean & Avocado Wrap				
2 (8 in.) whole wheat tortillas	260.0	52.0	3.0	8.0
2 egg whites, scrambled	32.0	0.5	0.0	7.0
1 whole egg, scrambled	70.0	1.0	5.0	6.0
2 TB salsa	9.0	2.0	0.0	0.5
1/4 avocado	80.0	4.5	7.5	1.0
1/4 cup black beans	55.0	10.0	0.0	3.5
Total	506.0	70.0 g	15.5 g	26.0 g

Breakfast Option #9	Calories	Carbs	Fats	Protein
Breakfast Pizza - see recipe				
2 egg whites, scrambled	32.0	0.5	0.0	7.0
1 whole egg, scrambled	70.0	1.0	5.0	6.0
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup red peppers, chopped	10.0	2.0	0.0	0.5
1 oz. 2% milk shredded mozzarella	70.0	0.5	4.0	8.0
1/2 cup spaghetti sauce	80.0	13.0	3.0	2.0
1 whole wheat pita	170.0	35.0	2.0	6.5
Total	442.0	54.0g	14.0 g	30.5 g

Breakfast Option #10	Calories	Carbs	Fats	Protein
Chocolate, Peanut Butter & Banana Smoothie				
2 TB Smuckers Natural Creamy Peanut Butter	200.0	6.0	16.0	7.0
1 medium banana	105.0	27.0	1.0	2.0
Chobani Non-Fat Plain Greek Yogurt - 6 oz.	100.0	7.0	0.0	18.0
1 TB semi-sweet dark chocolate chips	70.0	9.0	4.0	0.5
1/2 cup 1% milk	50.0	6.0	1.5	4.0
Total	525.0	55.0 g	22.5 g	31.5 g

Snack - aim for 250 cals & 12.5 g protein

Snack Option #1	Calories	Carbs	Fats	Protein
Chobani Non-Fat Honey Greek Yogurt	150.0	20.0	0.0	16.0
1 medium apple	95.0	25.0	0.5	0.5
Total	245.0	45.0 g	0.5 g	16.5 g

Snack Option #2	Calories	Carbs	Fats	Protein
1 cup carrots	50.0	12.0	0.5	1.0
2 TB Smuckers Natural Creamy Peanut Butter	200.0	6.0	16.0	7.0
Total	250.0	18.0 g	16.5 g	8.0 g

Snack Option #3	Calories	Carbs	Fats	Protein
1 oz. pumpkin seeds	125.0	15.0	5.5	5.5
Chobani Non-Fat Vanilla Greek Yogurt	120.0	13.0	0.0	16.0
Total	245.0	28.0 g	5.5 g	21.5 g

Snack Option #4	Calories	Carbs	Fats	Protein
4 oz. low-fat cottage cheese	81.0	3.0	1.0	14.0
1 cup pineapples, diced	75.0	20.0	0.0	0.0
5 whole wheat Ritz crackers	70.0	11.0	3.0	1.0
Total	226.0	34.0 g	4.0 g	15.0 g

Snack Option #5	Calories	Carbs	Fats	Protein
2 light string cheese sticks	120.0	0.0	5.0	16.0
1 cup grapes	62.0	16.0	0.0	1.0
10 raw almonds	70.0	2.5	6.0	2.5
Total	252.0	18.5 g	11.0 g	19.5 g

Snack Option #6	Calories	Carbs	Fats	Protein
1/4 cup dried cranberries	100.0	28.0	0.5	0.0
1 oz. pistachios	160.0	7.5	13.0	6.0
Total	260.0	35.5 g	13.5 g	6.0 g

Snack Option #7	Calories	Carbs	Fats	Protein
1/4 cup Seapoint Farms Edamame, dry roasted	130.0	10.0	4.0	14.0
1 cup pineapple	85.0	22.0	0.0	1.0
Total	215.0	32.0 g	4.0 g	15.0 g

Snack Option #8	Calories	Carbs	Fats	Protein
8 oz. Dannon Non-Fat Light Orange Mango Yogurt	120.0	21.0	0.0	8.0
2 oz. Sunsweet Dried Apricots	142.0	34.0	0.0	1.0
Total	262.0	55.0 g	0.0 g	9.0 g

Snack Option #9	Calories	Carbs	Fats	Protein
1 oz. almonds	165.0	6.0	15.0	6.0
1 medium orange	60.0	15.5	0.0	1.0
Total	225.0	21.5 g	15.0 g	7.0 g

Snack Option #10	Calories	Carbs	Fats	Protein
Turkey & Cheese Tortilla Roll Up				
1 (8 in.) whole wheat tortilla	130.0	26.0	1.5	4.0
1 oz. turkey deli meat	30.0	1.0	0.5	5.0
1 oz. slice low-fat Swiss cheese	50.0	1.0	1.0	8.0
1/4 cup red bell pepper strips	5.0	1.5	0.0	0.0
Total	215.0	29.5 g	3.0 g	17.0 g

Lunch - aim for 500 cal's & 25 g protein

Lunch Option #1	Calories	Carbs	Fats	Protein
Turkey, Bean & Rice Bowl				
1 cup brown rice	170.0	36.0	1.5	4.0
1/2 cup black beans	110.0	20.0	0.5	7.0
1/2 cup corn	60.0	15.0	1.0	2.0
1/2 cup vegetable broth	10.0	1.5	0.0	0.0
3 oz. lean ground turkey	120.0	0.0	6.0	17.0
1 TB cilantro	0.0	0.0	0.0	0.0
1/4 cup onions, chopped	20.0	4.0	0.0	0.5
salt, pepper & garlic to taste	0.0	0.0	0.0	0.0
Total	490.0	76.5 g	9.0 g	30.5 g

Lunch Option #2	Calories	Carbs	Fats	Protein
Turkey Sandwich				
whole wheat bagel thins				
OR 2 slices whole wheat bread	110.0	24.0	1.0	6.0
3 oz. low sodium deli turkey	45.0	1.0	8.0	8.0
2 oz. low-fat Swiss cheese	100.0	2.0	2.0	16.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 medium orange	60.0	15.5	0.0	1.0
Multigrain Tostito Scoops (11 chips)	140.0	17.0	7.0	2.0
Total	475.0	63.0 g	18.0 g	34.5 g

Lunch Option #3	Calories	Carbs	Fats	Protein
Turkey Spaghetti				
1 cup whole wheat spaghetti	175.0	38.0	1.0	8.0
3 oz. lean ground turkey	120.0	0.0	6.0	17.0
3/4 cup spaghetti sauce	95.0	14.0	3.0	2.5
1 cup broccoli, steamed	55.0	11.0	0.5	3.5
Total	445.0	63.0 g	10.5 g	31.0 g

Lunch Option #4	Calories	Carbs	Fats	Protein
Chicken Pita				
1 whole wheat pita	170.0	35.0	2.5	6.5
4 oz. sliced baked chicken breast	200.0	0.0	5.0	30.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 TB. light mayonnaise	25.0	2.0	1.5	1.0
1 medium orange	60.0	15.0	0.0	1.0
Total	475.0	55.5 g	9.0 g	40.0 g

Lunch Option #5	Calories	Carbs	Fats	Protein
California Turkey Sandwich				
2 slices whole wheat bread, toasted	110.0	24.0	1.0	6.0
3 oz. low-fat turkey deli meat	100.0	4.0	2.0	15.0
1 oz. low-fat Swiss cheese	50.0	1.0	1.0	8.0
1/4 avocado	80.0	4.5	7.5	1.0
2 TB alfalfa sprouts	0.0	0.0	0.0	0.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
3 cucumber slices	5.0	1.5	0.0	0.0
1 TB Honey Dijon mustard	30.0	3.0	0.0	0.0
1 medium orange	60.0	15.5	0.0	1.0
Total	455.0	57.0 g	11.5 g	32.5 g

Lunch Option #6	Calories	Carbs	Fats	Protein
Southwest Chicken Salad				
2 slices baked chicken breast	95.0	0.0	2.0	17.5
2 cups romaine lettuce, chopped	15.0	3.0	0.5	1.5
4 red tomato wedges	20.0	5.0	0.0	1.0
1/4 cup black beans	55.0	10.0	0.0	3.5
1 TB sunflower seeds	50.0	2.0	4.0	2.0
5 Multigrain Tostito Scoops, crumbled	70.0	9.0	3.5	1.0
1/4 cup corn	65.0	15.0	0.0	2.0
1 oz. Monterey Jack shredded cheese	100.0	1.0	8.0	6.0
2 TB salsa	10.0	2.0	0.0	0.5
Total	480.0	47.0 g	18.0 g	35.0 g

Lunch Option #7	Calories	Carbs	Fats	Protein
Hummus Pita Wrap				
3 TB hummus	70.0	6.0	4.0	3.5
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
1 whole wheat pita	170.0	35.0	2.5	6.5
Chobani Non-Fat Plain Greek Yogurt	100.0	7.0	0.0	18.0
1 cup frozen berries	35.0	8.5	0.0	0.0
1 medium apple	95.0	25.0	0.5	0.5
Total	490.0	85.0 g	7.0 g	30.0 g

Lunch Option #8	Calories	Carbs	Fats	Protein
Healthy Choice Chicken Pesto & Vegetables				
1 slice whole wheat bread	60.0	11.0	1.0	4.0
3/4 cup Green Giant Roasted Red Potatoes				
Green Beans & Rosemary Butter Sauce	100.0	21.0	1.0	3.0
Total	470.0	66.0 g	11.0 g	28.0 g

Lunch Option #9	Calories	Carbs	Fats	Protein
Tuna Sandwich				
2 slices whole wheat bread, toasted	110.0	24.0	1.0	6.0
3 oz. tuna, canned in water	100.0	0.0	1.0	22.0
2 TB light mayonnaise	100.0	2.5	10.0	0.5
1 TB mustard	10.0	1.0	0.5	1.0
2 TB relish	20.0	5.5	0.0	0.0
1 egg, boiled	80.0	0.5	5.5	6.5
1 cup grapes	62.0	16.0	0.0	1.0
Total	482.0	49.5 g	18.0 g	37.0 g

Lunch Option #10	Calories	Carbs	Fats	Protein
Tofu Stir Fry				
3 oz. firm tofu	120.0	3.5	7.0	13.0
3 TB reduced-sodium teriyaki sauce	50.0	8.5	0.0	3.0
1/2 cup broccoli	30.0	5.5	0.0	2.0
1/2 cup carrots	25.0	6.0	0.0	0.5
1/4 cup onion	20.0	4.0	0.0	0.5
1/4 cup green bell pepper	10.0	2.0	0.0	0.5
1/2 cup mushrooms	10.0	1.0	0.0	1.0
1/2 cup brown rice	110.0	23.0	1.0	2.5
1 TB canola oil	125.0	0.0	14.0	0.0
Total	500.0	53.5 g	22.0 g	23.0 g

Dinner - aim for 500 cals & 25 g protein

Dinner Option #1	Calories	Carbs	Fats	Protein
Chicken , Rice & Vegetables				
3 oz. skinless chicken breast, baked	140.0	0.0	3.0	27.0
1 cup Uncle Ben's Ready Whole Grain Medley				
Brown and Wild Rice	220.0	42.0	4.0	6.0
1 cup green beans, steamed	44.0	10.0	0.0	2.0
1 cup carrots, steamed	55.0	13.0	0.0	1.0
Total	459.0	65.0 g	7.0 g	36.0 g

Dinner Option #2	Calories	Carbs	Fats	Protein
Salmon, Green Beans & Potato				
3 oz. salmon, baked	175.0	0.0	11.0	19.0
1 TB olive oil	119.0	0.0	13.5	0.0
1 cup green beans, sauteed	45.0	10.0	0.5	2.5
1 medium potato, baked	100.0	24.0	0.0	2.0
Parkay Butter Spray (optional) 5 sprays	0.0	0.0	0.0	0.0
Total	439.0	34.0 g	25.0 g	23.5 g

Dinner Option #3	Calories	Carbs	Fats	Protein
Spinach Salad with Broiled Steak				
1 cup raw spinach	10.0	1.0	0.0	1.0
4 oz. sirloin or strip steak	210.0	0.0	7.5	34.0
1/2 cup tomatoes	15.0	3.5	0.0	1.0
1/4 cup Feta cheese	100.0	1.5	8.0	5.5
1/4 cup light Balsamic Vinaigrette dressing	120.0	6.0	10.0	0.0
Total	455.0	12.0 g	25.5 g	41.5 g

Dinner Option #4	Calories	Carbs	Fats	Protein
Turkey Avocado Chef Salad				
2 eggs, hard boiled	155.0	1.0	10.5	12.5
3 oz. low-fat deli turkey meat	100.0	4.0	2.0	15.0
1 TB Blue Diamond Almond Slices	30.0	1.0	3.0	1.0
1/4 cup peeled cucumber slices	5.0	0.5	0.0	0.0
2 cups romaine lettuce, chopped	15.0	3.0	0.5	1.5
4 red tomato wedges	20.0	5.0	0.0	1.0
1/4 avocado	80.0	4.5	7.5	1.0
1/4 cup fat free Ranch salad dressing	70.0	15.0	1.0	0.0
Total	475.0	34.0 g	24.5 g	32.0 g

Dinner Option #5	Calories	Carbs	Fats	Protein
Turkey Burger				
1 whole wheat hamburger bun	120.0	18.0	2.0	6.0
4 oz. lean ground turkey	160.0	0.0	8.0	22.0
2 romaine lettuce leaves	10.0	2.0	0.0	1.0
2 tomato slices	10.0	1.5	0.0	0.5
2 onion slices	10.0	3.0	0.0	0.5
Sweet Potato Fries				
1/2 medium sweet potato, cut into strips and baked	80.0	18.0	0.0	2.0
1 TB olive oil	120.0	0.0	13.5	0.0
Total	510.0	42.5 g	23.5 g	32.0 g

Dinner Option #6	Calories	Carbs	Fats	Protein
Burrito Bowl				
3 oz. chicken, baked	140.0	0.0	3.0	24.5
1/4 cup canned Pinto beans, rinsed	40.0	7.5	0.5	2.5
1/4 cup corn	65.0	15.0	1.0	2.0
1/4 avocado	80.0	4.5	7.5	1.0
1/4 cup Kraft 2% Shredded Cheddar	80.0	1.0	6.0	7.0
2 TB sour cream	45.0	2.0	3.5	1.0
2 TB salsa	10.0	2.0	0.0	0.5
5 Multigrain Tostito Scoops, crumbled	70.0	9.0	3.5	1.0
Total	530.0	41.0 g	25.0 g	39.5 g

Dinner Option #7	Calories	Carbs	Fats	Protein
Grilled Chicken & Pineapple Burger - see recipe				
3 oz. chicken, baked	140.0	0.0	3.0	24.5
1 pineapple slice (1/2 inch thick)	30.0	7.5	0.0	0.5
1 TB pickled jalapeno slices	5.0	0.5	0.0	0.0
1/4 cup Teriyaki sauce	65.0	11.0	0.0	4.5
1 oz. slice low-fat Swiss cheese	50.0	1.0	1.0	8.0
1 whole wheat bun / kaiser roll	210.0	35.0	3.0	10.0
2 slices red onion	15.0	4.0	0.0	0.5
Total	515.0	59.0 g	7.0 g	48.0 g

Dinner Option #8	Calories	Carbs	Fats	Protein
Chicken and Broccoli Stir-Fry				
3 oz. skinless chicken breast, baked	140.0	0.0	3.0	24.5
1/2 cup broccoli	30.0	5.5	0.0	2.0
1/2 cup carrots	15.0	3.0	0.0	0.5
1/4 cup onion	25.0	5.5	0.0	1.0
1 cup brown rice	220.0	46.0	1.5	4.5
3 TB reduced-sodium teriyaki sauce	50.0	8.5	0.0	3.0
Total	480.0	68.5 g	4.5 g	35.5 g

Dinner Option #9	Calories	Carbs	Fats	Protein
Bean & Cheese Burrito				
1 Mission Carb Balance Whole Wheat Tortilla (10 in)	210.0	32.0	5.0	9.0
1/2 cup canned Pinto beans, rinsed	80.0	15.0	1.0	5.0
1 oz. Monterey jack shredded cheese	100.0	1.0	8.0	6.0
1/4 cup tomatoes, chopped	10.0	2.0	0.0	0.5
1/4 cup green peppers, chopped	10.0	2.0	0.0	0.5
1/4 cup onions, chopped	20.0	4.0	0.0	0.5
1/4 cup salsa	20.0	4.0	0.0	1.0
2 TB light sour cream	40.0	2.0	3.0	1.0
Total	490.0	62.0 g	17.0 g	23.5 g

Dinner Option #10	Calories	Carbs	Fats	Protein
Chicken Penne with Vegetables				
2 oz. sauteed chicken breast, sliced	95.0	0.0	2.0	17.5
1 cup whole wheat penne pasta	180.0	38.0	1.0	8.0
1/2 cup eggplant, cubed	20.0	4.5	0.0	0.5
1/2 cup butternut squash, cubed	40.0	11.0	0.0	1.0
1 cup spaghetti sauce	160.0	26.0	6.0	4.0
Total	495.0	79.5 g	9.0g	31.0 g

Breakfast Pizza

Super healthy, delicious and low carb!

Ingredients

- 2 egg whites, scrambled
- 1 whole egg, scrambled
- 1/4 cup tomatoes, chopped
- 1/4 cup red peppers, chopped
- 1 oz. 2% milk shredded mozzarella
- 1/2 cup spaghetti sauce
- 1 whole wheat pita
- 1 tsp oregano
- 1/4 tsp black pepper
- sea salt, to taste (optional)

Preparation

In a small mixing bowl, combine eggs, tomato, bell pepper, oregano, black pepper and sea salt. Whisk together (or use a fork) until fluffy and ingredients are well blended.

Use a spatula to scramble the mixture as it cooks.

While egg mixture is cooking, toast the pita (optional), and spread with the tomato sauce. Set aside.

Once the egg whites are fully cooked to your liking (as dry or wet as you prefer), turn the heat down to low and sprinkle the cheese on top and allow to melt.

Once melted, transfer/slide the egg white mixture on top of the pita. Enjoy!

Grilled Chicken & Pineapple Burger

Ingredients

- 3 oz. boneless skinless chicken breast
- 1 pineapple slice (1/2 inch thick)
- 1 TB pickled jalapeno slices (or 1 fresh jalapeno thinly sliced)
- 1/4 cup Teriyaki sauce
- 1 oz. slice low-fat Swiss cheese
- 1 whole wheat bun / kaiser roll
- 2 slices red onion

Preparation

Combine chicken and enough teriyaki sauce to cover it in a resealable plastic bag. Marinate in the refrigerator for at least 30 minutes, and up to 12 hours.

Heat a grill until hot (you shouldn't be able to hold your hand above the grates for more than 5 seconds). Remove chicken from marinade and place on the grill; discard any remaining marinade. Cook for 4 to 5 minutes, flip and immediately add cheese to the chicken. Continue cooking until cheese is melted and chicken is lightly charred and firm to the touch. Remove from grill; set aside.

While chicken rests, add pineapple and rolls to the grill. Cook rolls until they're lightly toasted, and pineapple slices until they're soft and caramelized, about 2 minutes each side. Top each roll with chicken, pineapple, red onion, and jalapeno slices. If you like, drizzle chicken with more teriyaki sauce.

Grocery List

Grains

- ☐ bagel thins, whole wheat
- ☐ bread, whole wheat
- ☐ brown rice
- ☐ english muffin, whole wheat
- ☐ Near East Whole Grain Roasted Garlic and Olive Oil Couscous
- ☐ oatmeal
- ☐ penne pasta, whole wheat
- ☐ pita, whole wheat
- ☐ Quaker Low-Fat Granola Cereal
- ☐ quinoa
- ☐ sandwich roll/bun, whole wheat
- ☐ spaghetti, whole wheat
- ☐ tortillas (8 in.), whole wheat
- ☐ Uncle Ben's Ready Whole Grain Medley Brown and Wild Rice

Canned Goods

- ☐ black beans
- ☐ corn
- ☐ marinara sauce
- ☐ pineapples, diced or chunks, in juice
- ☐ spaghetti sauce
- ☐ vegetable broth

Dairy

- ☐ cottage cheese, low-fat
- ☐ Greek yogurt (assorted flavors)
- ☐ milk 1%
- ☐ Monterey Jack, shredded
- ☐ Mozzarella cheese sticks, light
- ☐ Mozzarella, 2% milk shredded
- ☐ Mozzarella, fresh, part skim
- ☐ Parmesan, grated
- ☐ Swiss cheese, low-fat sliced

Meats, Beans & Nuts

- ☐ almonds
- ☐ chicken breast
- ☐ chicken breast, deli, low-sodium
- ☐ eggs
- ☐ ham, deli, low-sodium
- ☐ peanut butter, Smucker's Natural
- ☐ pecans, chopped
- ☐ pistachios
- ☐ pork tenderloin
- ☐ pumpkin seeds
- ☐ salmon
- ☐ Starkist Tuna Creations Hickory Smoked
- ☐ tilapia
- ☐ tofu
- ☐ tuna, canned in water
- ☐ turkey, deli, low-sodium
- ☐ turkey, ground, 93% lean

Vegetables

- ☐ alfalfa sprouts
- ☐ avocado
- ☐ broccoli
- ☐ butternut squash
- ☐ carrots
- ☐ cilantro
- ☐ cucumber
- ☐ edamame, dry roasted, lightly salted
- ☐ eggplant
- ☐ garlic
- ☐ green beans
- ☐ green bell pepper
- ☐ jalapenos
- ☐ mushrooms
- ☐ onions
- ☐ potato
- ☐ red bell pepper
- ☐ romaine or green leaf lettuce
- ☐ spinach
- ☐ sweet potato
- ☐ tomatoes

Fruits

- ☐ apples
- ☐ apricots, dried
- ☐ bananas
- ☐ cranberries, dried
- ☐ grapes
- ☐ orange
- ☐ strawberries

Frozen Foods

- ☐ Berries
- ☐ Green Giant Roasted Red Potatoes, Green Beans & Rosemary Butter Sauce
- ☐ Healthy Choice Chicken Pesto & Vegetables

Condiments

- ☐ balsamic vinaigrette dressing, light
- ☐ hummus
- ☐ mayonnaise, light
- ☐ mustard
- ☐ Parkay butter spray
- ☐ ranch salad dressing, fat free
- ☐ relish
- ☐ salsa
- ☐ teriyaki sauce, reduced sodium

Other

- ☐ brown sugar
- ☐ canola oil
- ☐ chocolate chips, semi-sweet dark
- ☐ flaxseed, ground
- ☐ olive oil
- ☐ Tostitos Scoops, Multigrain